










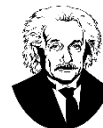


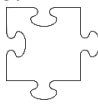




What might families do at home to support student thinking? Each semester, Council Rock focuses on four Habits of Mind. You might like to focus on these too, or perhaps there's a particular habit that your family would like to stress. Below each habit, you will find some suggestions for incorporating at home. When you recognize that your child is demonstrating one of the habits, **name which habit is being used**; the more you use the language at home, the more your child will think about the habits and be able to identify which habit would be helpful in a given situation.

Fall even-odd school years (e.g.: 2022-23)			
 <p><b>Managing Impulsivity</b></p> <p>*Encourage family members to wait at the table until everyone has finished eating.</p> <p>*Read <u>Lilly's Purple Plastic Purse</u>, by Kevin Henkes. How might this habit have helped Lilly?</p> 	 <p><b>Listening with Understanding &amp; Empathy</b></p> <p>*Model good listening by putting down cell phones and tablets when talking with family members.</p> <p>*Watch a movie together. Talk about the characters. How might different characters have felt at the same point in the movie? Why do you think they felt that way? For example, in <u>The Lion King</u> when Nala and Simba reunite, Simba wants to stay on the savannah with Timon and Pumba, but Nala feels that Simba must leave and take his place as king.</p>	 <p><b>Responding with Wonderment &amp; Awe</b></p> <p>*Take a walk—there's so much to explore and notice outside. The Brickyard Trail in Brighton is one of many locations that contains wonderful and awesome sights.</p>  <p>*Before you wipe away a spider's web or pluck the weed growing in the crack of the sidewalk, invite your child to examine it. What details do they notice?</p>	 <p><b>Taking Responsible Risks</b></p> <p>*Tell your child when you try something that you feel unsure about; what are the benefits of taking the risk?</p> <p>*Encourage your child to try something new: play a new sport, invite a new friend to play, try a new food.</p> 
Spring even-odd school years (e.g.: 2022-23)			
 <p><b>Thinking Flexibly</b></p> <p>*Lay on the grass with your child and talk about what the clouds look like in the sky. Think about the clouds in a different way--maybe there's a castle or a dragon up there!</p> <p>*When things don't go as planned, enlist your child's help to think of a different way. For example, perhaps you've run out of eggs to make cookies. What might you use instead? Or, is there something else you could make?</p>	 <p><b>Remaining Open to Continuous Learning</b></p> <p>*Visit libraries, museums, and art galleries.</p> <p>* Check out a biography about Albert Einstein, Rachel Carson, George Washington Carver, or another scientist. Scientists are always looking to learn more and build on what they already know.</p>   	 <p><b>Applying Past Knowledge to New Situations</b></p> <p>* Peruse the photos and messages that your child's teacher posts on Seesaw. Is there something you see happening in school that you could invite your child to apply at home? For example, if your child is learning about the values of coins, you could give your child a handful of coins to count and let them buy a treat at the store.</p>	 <p><b>Persisting</b></p> <p>*Work on a challenging puzzle as a family. What strategies do you use to finish? Does taking a break help sometimes?</p>  <p>*Tell your child when you face something difficult. Explain the steps you plan to take to solve the difficulty. Point out that the solution could take a lot of time.</p>

## Fall odd-even school years (e.g.: 2023-24)



### Gathering Data Through All Senses

\*When you visit the grocery store, talk with your child about using senses to choose what to buy. Maybe you smell the herbs, look to compare prices, listen to other shoppers discuss a product, touch the melon to find out if it's ripe, or even taste a sample at one of the stations throughout the store.



### Thinking Interdependently

\*Forbidden Island is a board game in which players work together, instead of competing against one another, to escape from a sinking island. Maybe you have other games at home where success only comes when the whole family thinks interdependently.



### Creating, Imagining, & Innovating

\*Toss some recyclables on the table and challenge your child to make something out of them.



\*Family conversations might include asking your child to imagine the best possible vacation, the most delicious dessert, or what it would be like to walk on a different planet.



### Questioning & Posing Problems

\*If your child points out something amiss at home or in the community, prompt them to ask questions that might lead to a solution. e.g.: "You noticed there's a lot of garbage in the vacant field. What would we need to know in order to solve this problem?" Your child might ask, "Who is leaving this garbage?" "Are there garbage cans nearby?" "Would a group of friends like to meet for a garbage pickup?"

## Spring odd-even school years (e.g.: 2023-24)



### Thinking About Your Thinking (Metacognition)

\*When you have to make a decision, talk out loud about what you are thinking as you choose. e.g.: "What should we have for dinner? I'd love to make roasted chicken, but I won't be home until late from work. Grilled cheese would taste good, but Nirmal doesn't like cheese very much. Soup in the crockpot would be easier. I could put the ingredients in before I go to work. Let's have soup tonight!"



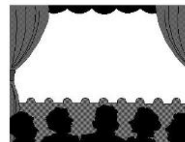
### Striving for Accuracy

\*Sorting and folding laundry is a household chore for practicing this habit. Show your child how to fold towels, matching the corners to make neat folds. Enlist your child's help to sort the clothes into piles for each family member—you don't want to put brother's shorts in sister's pile. Carefully match socks—some look alike, but you need to look at details like the colored stripe at the toe. Once your child knows how to do the task, he or she can help you AND practice striving for accuracy.



### Thinking and Communicating with Clarity & Precision

\*Attend a play. Talk with your child about how the actors told the story with their voices and bodies. Which parts of the play were most memorable? Why? Were there any parts of the play that were hard to understand? Maybe your child would like to stage their own production or puppet show and use what you talked about to present a clear story.



### Finding Humor

\*It can be tempting to feel irritated when kids accidentally spill or make a mess. Instead, try making a joke and work together to clean up. This helps children develop the strategy of using laughter to help when mistakes are made.

\*Initiate a laughing contest: who can make the other person laugh first?

\*Read joke books together and choose your favorites to share with the rest of the family.

### General activities:

\*When you read together, identify a Habit of Mind that a character is using (or needs to use).

\*Do you have favorite quotes that connect to Habits of Mind? Post them in your home.

PERSISTING: "Be like a postage stamp—stick to one thing until you get there." --Margaret Carty

LISTENING WITH UNDERSTANDING AND EMPATHY: "Silent and listen are spelled with the same letters."—Unknown

\*At dinnertime, everyone takes a turn sharing a Habit of Mind that was useful to them during the day.

\*Leave a note on your child's pillow or in their lunchbox that praises their use of a Habit of Mind.

\*When you view your child's work on Seesaw, type a comment about a Habit of Mind that your child probably used to complete the work. e.g.: *Your writing piece shows that you were **striving for accuracy** with spelling and punctuation.*

